

POST-EXTRACTION INSTRUCTIONS

BLEEDING:

1. You can expect to have some bleeding or oozing for the first 24 to 36 hours.
2. Place a folded gauze pad directly over the area of bleeding and bite down, applying pressure for 15 minutes. Repeat this process with a moistened gauze if the clot comes out stuck to the gauze. Once bleeding has ceased you do not have to continue to place gauze.
3. *DO NOT RINSE, SPIT, SMOKE, OR DRINK THROUGH A STRAW FOR THE NEXT 24 HOURS!*

PAIN:

1. You may find that Tylenol or Advil (or generic brands of these) will take care of any discomfort.
2. All pain medicine takes time to establish a level in the bloodstream to be effective. Therefore, we recommend that you start taking the pain medicine before the local anesthesia has worn off.
3. Avoid taking pain medicine on an empty stomach, as all pain medicine can cause an upset stomach.
4. Driving a car while taking any prescription pain medicines is not recommended.

GENERAL:

1. If bleeding has stopped after 24 hours, you may rinse gently with warm saltwater.
2. You should keep your mouth as clean as possible after surgery. This includes good brushing and flossing to prevent the accumulation of debris that may cause infection. Brush gently in the area treated until the tenderness subsides.
3. There is no limitation to your diet after surgery except to avoid hot liquids. Do maintain your normal food intake to provide your body the calories it requires to heal.
4. You can expect some swelling that will generally begin to subside after 48 hours. An ice pack applied for several minutes at a time may help with noticeable swelling.
5. We do not recommend heavy physical activity the day of surgical procedures. Rest as much as possible, avoiding increased heart rate and excessive heat exposure.
6. If any complications arise, please contact your dentist.